

Cooking Matters (Adults/Parents and Youth 12+)

- No Kid Hungry, through Feeding America, collaborated with Altarum Institute to conduct the first national impact study of six-week Cooking Matters courses. The long-term study found that the Cooking Matters course has a powerful and sustained impact on families taking the course compared to those who do not participate in the course.
- After learning the Cooking Matters strategies, families have more positive attitudes about cooking, leading them to cook more often; consume and make healthier, more budget-friendly meals; and possess more confidence that they'll be able to stretch their food dollars each month.
- The powerful impact of the Cooking Matters program on child nutrition also has implications for health, since a healthier diet is associated with a lower risk for poor health outcomes, helping to prevent childhood obesity.
- 6-week cooking demonstration course offered one day per week for 2 hours.

